



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09044, Cherries, tart, dried, sweetened

Report Date: June 30, 2017 00:38 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 40g
Proximates					
Water	g	16.60	--	--	6.64
Energy	kcal	333	--	--	133
Energy	kJ	1395	--	--	558
Protein	g	1.25	--	--	0.50
Total lipid (fat)	g	0.73	--	--	0.29
Ash	g	0.97	--	--	0.39
Carbohydrate, by difference	g	80.45	--	--	32.18
Fiber, total dietary	g	2.5	--	--	1.0
Sugars, total	g	67.15	--	--	26.86
Minerals					
Calcium, Ca	mg	38	--	--	15
Iron, Fe	mg	0.68	--	--	0.27
Magnesium, Mg	mg	22	--	--	9
Phosphorus, P	mg	36	--	--	14
Potassium, K	mg	376	--	--	150
Sodium, Na	mg	13	--	--	5
Zinc, Zn	mg	0.25	--	--	0.10
Copper, Cu	mg	0.229	--	--	0.092
Selenium, Se	µg	0.4	--	--	0.2
Vitamins					
Vitamin C, total ascorbic acid	mg	19.3	--	--	7.7
Thiamin	mg	0.058	--	--	0.023
Riboflavin	mg	0.101	--	--	0.040

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 40g
Niacin	mg	0.867	--	--	0.347
Vitamin B-6	mg	0.101	--	--	0.040
Folate, total	µg	11	--	--	4
Folic acid	µg	0	--	--	0
Folate, food	µg	11	--	--	4
Folate, DFE	µg	11	--	--	4
Choline, total	mg	14.7	--	--	5.9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	141	--	--	56
Retinol	µg	0	--	--	0
Carotene, beta	µg	1697	--	--	679
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	2829	--	--	1132
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	173	--	--	69
Vitamin E (alpha-tocopherol)	mg	0.17	--	--	0.07
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	5.1	--	--	2.0
Lipids					
Fatty acids, total saturated	g	0.146	--	--	0.058
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.004	--	--	0.002
16:0	g	0.103	--	--	0.041
18:0	g	0.035	--	--	0.014
Fatty acids, total monounsaturated	g	0.177	--	--	0.071

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.25 cup 40g
16:1 undifferentiated	g	0.002	--	--	0.001
18:1 undifferentiated	g	0.175	--	--	0.070
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.194	--	--	0.078
18:2 undifferentiated	g	0.102	--	--	0.041
18:3 undifferentiated	g	0.092	--	--	0.037
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0